

2020 Virtual Sea Lab Waterfront Programming Schedule

- Each video will be approximately 20 minutes long, have a swimming and sailing component, include instruction for tying a specific knot, and end with a suggested student activity.
- The chart below notes the topics for sailing and swimming, as well as the student activity, for each week’s video.

Swimming Staff: Tim Curry, Jeff Longo, Melissa Renauld

Sailing Staff: Koby Verran, Dan Harrington, Michael Gryss

Week	Swimming	Sailing	Student Activity
1	Pool Safety	Boat safety Figure 8	Identify two (2) important safety features of swimming and two (2) of boating.
2	Beach Safety	Parts of a boat Reef	Draw an image of a boat and label the four (4) areas of a boat.
3	Swimming Stroke: Front Crawl & Breaststroke	Points of Sail Sheet Bend	Take pictures/videos of the three knots you have learned so far.
4	Swimming Stroke: Floating & Backstroke	Capsizing Bowline	FOLLOWING SAFETY RULES AND WITH AN ADULT video yourself floating on your back in a pool or the ocean with your favorite song in the background.
5	Snorkeling	Rules of the Road Clove Hitch	Create/Draw a waterscape of either; A – multiple boats following the rules of the road or B – what you might see snorkeling underwater
6	Kayak/Stand Up Paddleboard (SUP)	Tacking/Jibing Coiling Line	Create a design for your own kayak or SUP (use colors, graphics, etc) OR make a video of yourself coiling line

- All students are encouraged to participate in as many waterfront activities and record their adventures with photos or video and to share them with the waterfront staff.